

### IF YOU NEED TO EVACUATE

- ◆ Coordinate with your home-care provider for evacuation procedures.
- ◆ Let others know where you are going.
- ◆ Try to car pool if possible.
- ◆ If you must have assistance for special transportation, call the American Red Cross or your local officials.
- ◆ Wear appropriate clothing and sturdy shoes.
- ◆ Take your Disaster Supplies Kit.
- ◆ Lock your home.
- ◆ Use the travel routes specified or special assistance provided by local officials. Don't take any short cuts; they may be unsafe.
- ◆ Notify shelter authorities of any special accommodation you may need. They will do their best to accommodate you and make you comfortable.
- ◆ Make arrangements for pets. Animals other than service animals may not be allowed in public shelters.

### PLAN AHEAD

- ◆ The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.
- ◆ By planning ahead, you can avoid long lines for critical supplies, such as food, water and medicine.
- ◆ Remember to review your plan regularly.

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## Disaster Preparedness For People With Disabilities



### *WHAT WE CAN DO TO SAVE OUR LIVES*



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### Prepare Now For A Sudden Emergency

Learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect yourself. Disaster can strike quickly and without warning. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Take responsibility—Save your life. Keep in touch with your neighbors and look out for each other. Knowing what to do is your best protection and your responsibility.

### TAKE RESPONSIBILITY

Every day some part of the country is affected by one or more of the following emergencies:

- Hurricanes
- Winter storms
- Thunder storms
- Toxic spills
- Earthquakes
- Tornadoes
- Flooding
- Fires



*Winter storms, thunder storms, tornadoes, flooding and fires* are the most likely to occur in our area.

Preparing for a disaster that is most likely to happen in our area will help us be prepared for any disaster.

### *FOR YOUR SAFETY*

- ◆ For your safety and comfort, you will need to have emergency supplies packed and ready in one place before disaster hits.
- ◆ You should assemble enough supplies to last at least three (3) days.
- ◆ Assemble both the medical and general supplies you would need in an evacuation.
- ◆ Store them in an easy-to-carry container such as a back-pack or duffel bag.
- ◆ Be sure your bag has an ID tag.
- ◆ Label any equipment, such as wheelchairs, canes or walkers that would be needed.

### *EMERGENCY PHONE NUMBERS*

Local Emergency service number

Ambulance

Nearest relative

Local contact

Out of state contact

### *MEDICATIONS LIST WITH DOSAGE*

**HOW YOU MAY BE NOTIFIED OF A POSSIBLE EMERGENCY**

- NOAA weather radio. These special radios provide the earliest warning with an alarm that will alert you in case of anticipated bad weather.
  - Your designated Emergency Broadcast System station, **WPST 97.5 on the FM dial**
  - Door-to-door warning from local emergency officials. Strictly follow their instructions.
- \* Take advantage of advance registration systems—contact your local emergency management office for information.

**YOUR DISASTER CHECKLIST:**

- ◆ Assemble disaster supplies.
- ◆ Arrange for someone to check on you.
- ◆ Plan and practice the best escape routes from your home.
- ◆ Plan for transportation if you need to evacuate to a shelter.
- ◆ Find the safe spots in your home for each type of emergency.
- ◆ Have a plan to signal the need for help.
- ◆ Post emergency phone numbers near the phone.
- ◆ If you have home health care service, plan ahead with your agency for emergency procedures.
- ◆ Teach those who may need to assist you in an emergency how to operate necessary equipment.

**GENERAL EMERGENCY SUPPLIES**

- ◆ Battery-powered radio and flashlight with extra batteries for each
- ◆ Change of clothing; rain gear; sturdy shoes
- ◆ Blanket or sleeping bag
- ◆ Extra set of keys
- ◆ Cash; credit cards; change for the pay phone
- ◆ Personal hygiene supplies
- ◆ Phone numbers of local and non-local relatives or friends
- ◆ Insurance agent’s name and phone number

**FOR YOUR MEDICAL NEEDS**

- ◆ First-aid kit
- ◆ Prescription medicines; list of medications including dosage; list of allergies
- ◆ Extra eyeglasses; hearing aid batteries; wheelchair batteries
- ◆ Oxygen
- ◆ List of the style and serial numbers of medical devices such as pacemakers
- ◆ Medical insurance and Medicare cards
- ◆ List of doctors and relative or friend who should be notified if you are injured



**HOME AS SHELTER**

It may not be necessary to evacuate or you may be ordered to stay in your home. If this happens, you will need in addition to the medical items:

**Water supply**—one gallon per day per person. Remember, plan for at least 3 days. Store water in sealed, unbreakable containers that you are able to handle. Identify the storage date and replace every six months.

**Non-perishable food supply**—including any special foods you require. Choose foods that are easy to store and carry, nutritious and ready-to-eat; rotate regularly.

**Manual can opener**

**Non-perishable pet food**



**IF YOU ARE TOLD TO SHELTER IN PLACE**

In a chemical emergency, you may be told to shelter in place. This means staying where you are and making yourself as safe as possible until the emergency passes or you are instructed to evacuate. In this situation, it is safer to remain indoors than to go outside where the air is unsafe to breathe.

- ◆ Close all windows in your home.
- ◆ Turn off all fans, heating and air conditioning systems.
- ◆ Close the fireplace damper.
- ◆ Go to an above ground room (not the basement) with the fewest windows and doors.
- ◆ Take your disaster supplies with you.
- ◆ Wet some towels and jam them in the crack under the doors.
- ◆ Tape around doors, windows, exhaust fans or vents. Use plastic garbage bags to cover windows, outlets and heat registers.
- ◆ If you are told there is danger of explosion, close the window shades, blinds, or curtains. To avoid injury, stay away from the windows.
- ◆ Stay in the room and listen to your radio until notified that all is safe or you are told to evacuate.



***FIRE!!!***

One emergency we could all face at any time is a home fire. A home fire could be a special challenge for a person with disabilities. However, there are some things we can do to improve our safety.

***Before A Fire***

- ◆ Plan two escape routes out of each room. If you cannot use stairways, make special arrangements for help in advance. Never use elevators.
- ◆ Sleep with the bedroom door closed. This gives you extra minutes of protection from toxic fumes and fire.
- ◆ Test your smoke detector battery regularly and, as a reminder, change batteries on the same day each year. Vacuum it occasion-

***In Case of Fire***

- ◆ Remain calm.
- ◆ Drop to the floor or to the lowest level you can get to and crawl. Most fire fatalities are due to breathing toxic fumes and smoke. The cleanest air is near the floor. Breathing toxic fumes and smoke is more dangerous than the risk of injury in getting to the floor quickly.
- ◆ Feel any door before you open it. If it is hot, find another way out.
- ◆ If your smoke detector goes off, never waste time getting dressed or collecting valuables or pets. Get out of the house immediately.
- ◆ Do not try to fight the fire. Call for help from a neighbor’s phone or use your cell phone when you have reached safety.
- ◆ Never go back into a burning building for any reason.
- ◆ If your clothes catch on fire, drop to the floor and roll to suffocate the fire. Keep rolling.
- ◆ If you are in a wheelchair or cannot get out of your house, stay by the window near the floor. If you are able, signal for help.